

## Foods That Nourish Yin in General

Apple	Kidney Bean	Pork
Chicken Egg	Mango	Tofu
Cuttle Fish	Pea	Yam
Honey	Pomegranate	Abalone
Malt	String Bean	Coconut Milk
Oyster	Watermelon	Sesame (white)
Pineapple	Cheese*	Octopus
Rabbit	Crab	Pigeon
Tomato	Duck Egg	Plantain
Asparagus	Lemon	Nori
Clam	Milk*	Mung Bean Sprout
Duck	Pear	

## Foods That Especially Nourish Heart Yin

Apple	Milk*
Persimmon	Egg (Chicken, Duck) - especially the yolk
Watermelon	Marjoram
Aduki Bean	Wheat Germ
Mung Bean	Wheat Berries
Cuttlefish	

## Foods That Especially Nourish Lung Yin

Asparagus	Persimmon	Orange
Water Chestnut	Lima Bean	Peach
Yam	Pine Kernel	Soy Milk
Apple	Goose	Tofu
Apricot	Cheese*	Tempeh
Avocado	Egg (Chicken, Duck)	Rice Syrup
Banana	Milk*	Flax Seed
Mulberry	Marjoram	Butter*
Pear	Walnut	

## Foods That Especially Nourish Stomach Yin

Barley	Water Chestnut
Kelp	Apple
Potato	Beef**
Sweet Potato	Pork
Seaweed	Egg (Chicken, Duck)
Tomato	Milk*

## **Foods That Supplement the Spleen and Thus the Stomach Secondarily**

Marjoram	Lime
Nettle	Persimmon
Goose	String Bean
Shark	Soybean (black)
Avocado	Yam
Lemon	Spelt

## **Foods That Especially Nourish Liver Yin**

Artichoke	Clam (fresh water)	Mung Sprouts
Kelp	Crab	Cucumber
Tomato	Cuttlefish	Tofu
Avocado	Oyster	Millet
Lemon	Rabbit	Flax Oil (Fresh, cold-pressed)
Lime	Nettle	Animal Liver*
Pine Kernel	Royal Jelly	
Sesame (black)	Mung Bean	

## Foods That Especially Nourish Kidney Yin

Alfalfa Sprout	Watermelon	Marjoram
Kelp	Black Bean	Millet
Asparagus	Kidney Bean	Barley
Potato	Soybean (black)	Mung Bean
Seaweed	Sesame (black)	Mung Sprouts
Sweet Potato	Walnut	Blackberry
Yam	Clam (fresh water)	Huckleberry
String Bean	Cuttlefish	Blueberry
Lemon	Oyster	Water Chestnut
Lime	Duck	Wheat Germ
Pomegranate	Pork (especially pork kidney)*	Sardine
Mulberry	Egg, Chicken (especially yolk)	Cheese*

*The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.*